

# Mental Wellbeing Innovation Fund Projects 2015

1	<p><b>Active Forever Moves</b></p> <p>Gentle Exercise to Music sessions delivered by The Active For Life team and Three Score Dance Company within sheltered housing and care homes. Taught by Rosaria Gracia and supported by volunteers from the Company. Sessions will include information on mental health and wellbeing. For people aged over 60 years.</p> <p><a href="http://www.brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/active-life-project-activities">www.brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/active-life-project-activities</a></p>
2	<p><b>Activities for brothers or sisters of children with special needs or disabilities</b></p> <p>Amaze Brighton will establish a new group for siblings of children with special educational needs or disabilities, which will enable young people to come together for peer support, share their stories, raise awareness of their needs and engage in social activities. Group activities will be decided by the group, with opportunities for young people to develop their confidence and skills through planning and delivering activities alongside a facilitator.</p> <p><a href="http://www.amazebrighton.org.uk">www.amazebrighton.org.uk</a></p>
3	<p><b>Activities for children with Special Education Needs</b></p> <p>The Link-up Project will run three programmes of activities for children with Special Education Needs (statemented and attending mainstream BHCC schools, or who are on School Action Plus or equivalent).</p> <ul style="list-style-type: none"> <li>• Bushcraft - Adventure Unlimited at Brook Farm plus a two-day camp.</li> <li>• Creative technology - activities run by The Curiosity Hub will include robotics, animation, programming.</li> <li>• Skateboarding at Brighton Youth Centre.</li> </ul> <p><a href="http://www.linkupbrighton.org">www.linkupbrighton.org</a></p>
4	<p><b>Activities for people with learning disabilities</b></p> <p>Brighton &amp; Hove Speak Out will be organising a fourteen-week course for up to 15 adults with learning disabilities, including taster sessions, wellbeing talks, information about the Five Ways to Wellbeing, signposting and advocacy.</p> <p><a href="http://www.bhspeakout.org.uk">www.bhspeakout.org.uk</a></p>

5	<p><b>Art workshops at Preston Park Recovery Support Centre</b></p> <p>Mindful Art will be leading workshops for adults recovering from mental health issues. One to one support will be offered to individuals to develop as artists, for example creating a portfolio, or website, or exhibition. Training and support will be offered for clients to run their own art workshops for peers or in the community. An exhibition is planned for October 2015, on World Mental Health Day.</p> <p><a href="http://www.southdownhousing.org/mental-health-recovery/preston-park-recovery-centre">www.southdownhousing.org/mental-health-recovery/preston-park-recovery-centre</a></p>
6	<p><b>Art course for people with learning disabilities</b></p> <p>The Grace Eyre Foundation will run the course to help raise awareness of mental health and wellbeing issues. The artwork that is generated will be displayed in public places and used as a tool to raise awareness of mental health and wellbeing amongst the learning disability community.</p> <p><a href="http://www.grace-eyre.org">www.grace-eyre.org</a></p>
7	<p><b>Art workshops for young people</b></p> <p>MyMarc CIC will be leading 30 art workshops for young people aged 16 - 25 years with learning disabilities, mental health problems or autism. Ten adult volunteers will be trained, and 30 young people are expected to attend.</p> <p>Email: <a href="mailto:sue.winter@icloud.com">sue.winter@icloud.com</a></p> <p><a href="http://www.mymarc.weebly.com">www.mymarc.weebly.com</a></p>
8	<p><b>Autism innovation camp</b></p> <p>Support for this year's Autism innovation camp including information sessions at the camp and follow-up mentoring sessions, led by Brighton &amp; Hove Impetus.</p> <p><a href="http://www.bh-impetus.org">www.bh-impetus.org</a></p>
9	<p><b>Autism-friendly yoga and relaxation</b></p> <p>Assert Brighton &amp; Hove will run autism-friendly yoga and relaxation classes in an autism-friendly space. There will be classes fortnightly for up to 15 people until December.</p> <p><a href="http://www.assertbh.org.uk">www.assertbh.org.uk</a></p>
10	<p><b>BACA (Brighton Aldridge Community Academy) Role Models</b></p> <p>This is a peer-mentoring education project, linking year 8 BACA students with Sussex student volunteers to empathetically communicate what they wish they'd known when they were teenagers. The pilot project is supported by I, Too, Am Sussex; Shape Your Culture; Anybody UK; Allsorts Youth; and Right Here with the Downslink YMCA. Training and workshops will be provided for the mentors, mentees and their carers/parents to develop PHSEE workshops delivered in schools based on</p>

	<p>key topics: Black and minority ethnic groups' experiences, food, body image &amp; disordered eating, and mental health. Twenty mentors paired with twenty BACA students will work intensively together, with a further 80 BACA students expected to participate during lesson times and final resource sharing.</p> <p><a href="http://www.baca-uk.org.uk">www.baca-uk.org.uk</a></p>
11	<p><b>Blatchington Mill's allotment and sensory garden</b></p> <p>A school allotment and sensory garden will be developed, aimed at engaging vulnerable students within the school community (such as special educational needs and disabilities, English as an additional language, students with behavioural, emotional and social difficulties). This is a proactive, creative and energetic way to engage these students while maintaining links to the National Curriculum, through a cross-curricular approach to science, maths, literacy, citizenship, business/economics and geography as well as the PSHE curriculum. The space will also provide opportunity for an outdoor classroom and Mindfulness sessions. The allotment and garden will provide multi-sensory experiences exposing students to different materials, environments and temperatures through growing, planning, and cooking, as well as establishing a small enterprise project.</p> <p><a href="http://www.blatchingtonmill.org.uk">www.blatchingtonmill.org.uk</a></p>
12	<p><b>Blueprint 22 online guide</b></p> <p>Young people (aged 16 - 25) will be supported to develop, design and publish a local online guide to places that young people enjoy in the city called 'Here 4 U'. The project will include at least 30 young people who identify as socially isolated, lacking in confidence and having mental health issues related to gender identity and sexuality. Over 16 weeks the young people will meet with Blueprint 22 project workers for one-to-one support, workshops, visits and interviews. At the end of the project a celebration will be held including a photo display.</p> <p><a href="http://www.blueprint22.org.uk/homepage-2">www.blueprint22.org.uk/homepage-2</a></p>
13	<p><b>BMEYPP activities</b></p> <p>A broad range of initiatives aimed at young people from BME communities, including walk and talk sessions around the city (exploring new places, highlighting places of support), Black History tours, taster opportunities for outdoor pursuits including climbing and abseiling, cooking and nutrition sessions, mother and daughter wellbeing sessions, young parent sessions.</p> <p><a href="http://www.bmeypp.org.uk">www.bmeypp.org.uk</a></p>
14	<p><b>Bookchat groups for current and recently bereaved carers</b></p> <p>Three libraries will host monthly Bookchat sessions to support up to 36 current and recently bereaved carers. The participants will be invited to attend sessions via carers' organisations. An experienced facilitator will run the Bookchat groups where they will read and discuss a range of literature, from stories and poetry to song lyrics and graphic novels. Many carers feel isolated and unconnected to their local community. The groups will give participants the opportunity to</p>

	<p>share experiences in a supportive group and to benefit from taking a step back from their own lives and seeing the world from different perspectives.</p> <p><a href="http://www.brighton-hove.gov.uk/content/leisure-and-libraries/libraries/whats-going-your-library">www.brighton-hove.gov.uk/content/leisure-and-libraries/libraries/whats-going-your-library</a></p>
15	<p><b>Brighton &amp; Hove Food Partnership - information &amp; advice</b></p> <p>The creation of a one-stop-shop for people who are interested in green and growing projects and other community food activity. With over 70 projects offering open workdays &amp; activities, Food Partnership staff will offer advice sessions in person or over the phone to help people find the best experience for them. Local and national evidence shows gardens can improve wellbeing, health, and skills for a wide range of client groups. The scheme will accept self-referrals and referrals from GP surgeries and other health settings. Call 01273 431716 or email <a href="mailto:info@bhfood.org.uk">info@bhfood.org.uk</a></p> <p><a href="http://bhfood.org.uk">http://bhfood.org.uk</a></p>
16	<p><b>Brighton Oasis staff wellbeing programme</b></p> <p>A staff wellbeing programme for people who are working with people who are affected by substance misuse. The programme will include clinical supervision, mindfulness workshops and Alexander Technique Workshops.</p> <p><a href="http://www.oasisproject.org.uk">www.oasisproject.org.uk</a></p>
17	<p><b>Circuit classes for survivors of rape and sexual abuse</b></p> <p>Group exercise classes will be held at Brighthelm Centre every Tuesday evening for 10 weeks, once in summer term, once in autumn. Followed by supported workshop time for the group, led by Survivors Network trained volunteers.</p> <p><a href="http://www.survivorsnetwork.org.uk">www.survivorsnetwork.org.uk</a></p>
18	<p><b>City Academy Whitehawk</b></p> <p>‘The Flourishing Families Programme` will bring together families to break down isolation, to provide an opportunity to try something new and ensure the facilities benefit the whole community. Amongst the activities there are plans to:</p> <ul style="list-style-type: none"> <li>• Clear a school garden following three years of neglect, especially aimed at dads;</li> <li>• Establish a Family Growing &amp; Outdoor Games Club for those families without a garden;</li> <li>• Set up a Bounce! for babies and also under-5s - a soft play session;</li> <li>• Cooking for mums with young children;</li> <li>• Deliver outdoor dads and children's activities in school holidays, including bushcraft and outdoor cooking;</li> <li>• Family fun club once a month bringing families together through food.</li> </ul> <p><a href="http://www.whitehawkacademy.ccb.ac.uk/brighton-hove/primary/whitehawk">www.whitehawkacademy.ccb.ac.uk/brighton-hove/primary/whitehawk</a></p>

19	<p><b>Confidence for girls</b></p> <p>CORE will be providing a programme of school based groups for girls in year 7 and 8, aiming to improve levels of confidence, optimism, resilience and esteem. There will be up to 12 girls in each group, the group will run for 8 weeks and there will be three per academic year. We will also do one to one follow up sessions with six girls per academic year who need more support around these issues.</p> <p>email: <a href="mailto:corebrighton@gmail.com">corebrighton@gmail.com</a>  <a href="https://corebrighton.wordpress.com">https://corebrighton.wordpress.com</a></p>
20	<p><b>Counselling for new mothers</b></p> <p>'Mummyshock' 10 week counselling group for new mothers who are vulnerable to postnatal depression and anxiety. Led by qualified counsellor from Release Counselling. Topic based sessions will include identity, bonding &amp; attachment, tips for emotional wellbeing; there will also be plenty of time for sharing experiences.</p> <p><a href="http://www.releaseforwomen.org.uk">www.releaseforwomen.org.uk</a> email: <a href="mailto:ellen@releaseforwomen.org.uk">ellen@releaseforwomen.org.uk</a></p>
21	<p><b>Courses for parent carers of children with special needs or disabilities</b></p> <p>Amaze Brighton will be holding two 'Looking After You' courses for parent carers of children with special educational needs and disabilities: one for parent carers of babies and under 5s with a recent diagnosis and the other for older parent carers and grandparent carers. Courses will provide a supportive environment where parent carers can share experiences with others in a similar situation and learn relaxation and resilience building techniques aimed at improving their mental health and wellbeing. We will also produce resources that can be downloaded from the Amaze website so that many more parent carers can benefit from the project.</p> <p><a href="http://www.amazebrighton.org.uk">www.amazebrighton.org.uk</a></p>
22	<p><b>Distressed art</b></p> <p>The creation of a graphic novel or comic book about young people's experiences of mental health, created by young people aged 11 -18. The project will be facilitated by Art in Mind, a group of young people aged 16-25 who are recovering from mental health issues. The novel will be used as a resource to help other young people living with mental health issues and isolation, providing advice for young people as well as teachers and parents. It will be digitally disseminated.</p> <p><a href="http://www.artinmind.co.uk">www.artinmind.co.uk</a></p>
23	<p><b>Due East taster activities</b></p> <p>A practical year-long challenge, based around the Five Ways to Wellbeing, for people living in East Brighton (Whitehawk, Manor Farm and Bristol Estate neighbourhoods). Residents will have opportunities to try out different activities and services and to recommend those they like best. At the heart of the project is the small, bite-sized steps taken in behaviour and</p>

	<p>attitude change based on practical, grassroots process celebrating the many practical things people can do for themselves to improve their wellbeing.</p> <p><a href="http://www.dueeast.org.uk">www.dueeast.org.uk</a></p>
24	<p><b>Friends, Families and Travellers</b></p> <p>This project is linked with the Moulsecoomb Forest Garden, mainly aimed at 10-15 young Traveller men, providing skills workshops for example on cookery, bushcraft, carpentry. These will provide opportunities for learning, education and employment as well as building confidence, motivation and self-esteem.</p> <p><a href="http://www.gypsy-traveller.org">www.gypsy-traveller.org</a> email: <a href="mailto:fft@gypsy-traveller.org">fft@gypsy-traveller.org</a></p>
25	<p><b>Five Ways Live in the Workplace</b></p> <p>Employees at five large workplaces will be offered an opportunity to learn more about the Five Ways to Wellbeing in the workplace setting, using a Human Library (lived experience) approach. Volunteers will offer 1:1 interviews with employees, lasting about 10 - 15 minutes.</p> <p><a href="http://www.albioninthecommunity.org.uk">www.albioninthecommunity.org.uk</a></p>
26	<p><b>Food and cooking project for people with learning disabilities</b></p> <p>Brighton &amp; Hove Food Partnership will be supporting up to 30 people with learning disabilities to learn more about food choices and cooking. Activities will include a dinner club with discussions, outings to farms, supermarkets and restaurants. Participants will have the choice to submit their own food reviews to a Good Food Guide.</p> <p><a href="http://www.bhfood.org.uk">www.bhfood.org.uk</a></p>
27	<p><b>FortuneCat Productions</b></p> <p>An innovative art project - The Cat's Kiosk. This interactive artwork explores the Five Ways to Wellbeing through an installation in a phone box.</p> <p><a href="http://www.fortunecatproductions.com">www.fortunecatproductions.com</a></p>
28	<p><b>Fun with babe</b></p> <p>Honeycroft's courses encourage successful interaction between parents and their baby through baby massage, music, art, storytelling and playing together to encourage present and future development. The project will be open to 72 parents (36 babies) and will be delivered as `roll on roll off` so that participants can choose workshops to suit their needs. The courses will provide time for reflection, building confidence and emotional wellbeing, as well as opportunities for supporting one another, gaining information and a safe play environment.</p> <p>Anyone interested can either email: <a href="mailto:marion.silsby@gmail.com">marion.silsby@gmail.com</a> or phone 01273 220323 to book a place.</p>

	<a href="http://www.honeycroft.co.uk">www.honeycroft.co.uk</a>
29	<p><b>Gardening for homeless people</b></p> <p>Roots to Growth operate a therapeutic community market garden in Washington. The project will involve up to potentially 110 single homeless Justlife clients attending a weekly therapeutic horticulture session based at Roots to Growth. The project is based outside the city allowing clients the opportunity to get away, finding space to rest, reflect and recharge. It will provide social and therapeutic opportunities, empowering people to achieve physical, spiritual and emotional health and wellbeing. Produce grown will be used to support a food stall at Florence Road Market, where the Justlife clients will cook a 'street food' dish to sell to customers.</p> <p><a href="http://www.rootstogrowth.org.uk">www.rootstogrowth.org.uk</a></p>
30	<p><b>Gaydio</b></p> <p>Gaydio is a skills development organisation providing confidence and skill building opportunities to lesbian, gay, bisexual and trans people mainly through radio. The programme will see 40-50 participants training in radio presentation, radio production, audio editing, web development and research. It will result in a broadcast helping to raise the profile and tackle stigma associated with mental health. The project offers volunteering opportunities as well as learning and education.</p> <p><a href="http://uk.gaydio.co.uk/">http://uk.gaydio.co.uk/</a></p>
31	<p><b>Hangleton &amp; Knoll young people's drop in</b></p> <p>Two drop-ins for young people aged 13 - 19 years. One will be held at Knoll on Wednesday evenings, for 26 weeks, with sessions on budgeting/debt, healthy eating and cooking on a budget, self-harm, AIDS awareness and other topics. The other will be a new drop-in, at Hangleton Community Centre. Young people can be referred through Social Services, Early Intervention group, YOT, Carers Centre, CAMHS and Teenage pregnancy support workers. The BoingBoing resilience framework will be used for definitions and guidance.</p> <p><a href="http://www.hkproject.org.uk/youthwork">www.hkproject.org.uk/youthwork</a></p>
32	<p><b>Healing arts at a GP surgery</b></p> <p>A professionally led programme of writing workshops, dance workshops, reading groups, video making, art creation in a general practice environment. The programme of activities will be promoted to GPs, to encourage them to refer people for help with managing their wellbeing.</p> <p><a href="http://www.wellbeing-centre.org">www.wellbeing-centre.org</a></p>
33	<p><b>Healthier Thinking Football</b></p> <p>Albion in the Community is developing a new Mental Wellbeing Football programme. The sessions are aimed at adults who have or have had a mental health problem. Sessions are designed to be fun and engaging as well as developing skills and</p>



	<p>fitness. The sessions are delivered by an AITC Coach who will also provide some wellbeing support where required. The Brighton sessions are held at Preston Park, next to the central café, and run every Friday from 11am-1pm. A series of taster sessions across the city over the next year will offer opportunities for people to come along and try out the programme.</p> <p><a href="http://www.albioninthecommunity.org.uk">www.albioninthecommunity.org.uk</a> email: <a href="mailto:paul.brackley@albioninthecommunity.org.uk">paul.brackley@albioninthecommunity.org.uk</a> or phone: 07880 195515</p>
34	<p><b>Holiday outdoor art activities for children and young people affected by familial substance misuse</b></p> <p>Brighton Young Oasis Project will be organising activities, including creative trips to the downs, beach, urban spaces to make outdoor art. There will also be indoor art workshops. The programme will involve an inclusive arts practitioner and an arts therapist. Expected to benefit around 40 people.</p> <p><a href="http://www.oasisproject.org.uk/services/young-oasis-centre">www.oasisproject.org.uk/services/young-oasis-centre</a> email: <a href="mailto:info@brightonoasisproject.co.uk">info@brightonoasisproject.co.uk</a></p>
35	<p><b>Homewood College – mindfulness for staff</b></p> <p>Homewood College is a special school that deals with young people (11-16 years) who hold statements for Social, Emotional and Mental health needs. This project is aimed at supporting the education practitioners and school support staff, through a programme of mindfulness to improve their mental health and emotional wellbeing. There will be taster sessions offered to 32 staff with 24 individuals having completed an eight week mindfulness course.</p> <p><a href="http://www.homewood.brighton-hove.sch.uk">www.homewood.brighton-hove.sch.uk</a></p>
36	<p><b>Hove Junior School</b></p> <p>'Play Dough' is a series of practical sessions delivered by Stoneham Bakehouse for 36 vulnerable students of Hove Junior School to promote wellbeing, build self-esteem and confidence. Bread-making will be used as a tool to develop physical activity, mindfulness and communication skills, as well as providing an outlet for anger and frustration for those pupils with sensory processing difficulties. There will also be opportunities for parents to participate.</p> <p><a href="http://www.hovejuniorschool.co.uk">www.hovejuniorschool.co.uk</a></p>
37	<p><b>Lunch positive</b></p> <p>A programme of volunteer led activities for people living with HIV. A team of volunteers will visit Moulsecoomb Community Garden to learn growing skills, with the aim of contributing to a new community growing project in the spring or summer. An accessible country walk with a visual diary will be planned for the autumn. In the winter, a lunch for people who are HIV positive will be combined with a creative workshop focussing on enjoying winter.</p> <p><a href="http://www.lunchpositive.org">www.lunchpositive.org</a> email: <a href="mailto:info@lunchpositive.org">info@lunchpositive.org</a></p>
38	<p><b>Marina Studios</b></p> <p>JP Omari will be leading two 10-12 week street funk courses for 30 young people with a variety of mental health issues,</p>



	<p>after school at Aldrington Centre in Hove. One course is aimed at primary school age and the second one aimed at secondary school age, both for children with ADHD. It will culminate in a performance in the annual Straight Up performance at Brighton Dome in July organised by Street Funk. The aim is to improve mental health and behaviour and have a positive `ripple` effect within the families.</p> <p><a href="http://www.marinastudios.co.uk">www.marinastudios.co.uk</a></p>
39	<p><b>MindOut support group for LGBT people in employment</b></p> <p>A peer support group for Lesbian, Gay, Bisexual and Trans people in employment will support those who are challenged both by being out about sexual orientation or gender identity and also about mental health issues. The group will run for 90 mins one evening a week for blocks of 9 weeks over 46 weeks.</p> <p><a href="http://www.mindout.org.uk">www.mindout.org.uk</a></p>
40	<p><b>Mini-booklet for young LGB &amp; Trans people</b></p> <p>Allsorts Youth Project will facilitate creation of a mini-booklet resource. It will be developed for and by young LGBT people to help them look after their mental health, help them to open up about their mental health and reduce stigma, and to highlight how they use the Five Ways to Wellbeing to manage their health. This will be a working booklet with an opportunity for users of the booklet to reflect on their own experiences. Fifteen young people will develop the booklet and 200 copies will be distributed to schools, colleges and youth projects.</p> <p><a href="http://www.allsortsyouth.org.uk">www.allsortsyouth.org.uk</a></p>
41	<p><b>Moulsecoomb Forest garden and wildlife project</b></p> <p>A weekly outdoors and cooking group for adults with a learning disability will help participants learn how to cook, and also to learn skills such as carpentry, construction, bushcraft, and social skills. Participants will cook meals for anyone who is working at the garden on the day they attend - this includes children who have been excluded from school.</p> <p><a href="http://www.seedybusiness.org">www.seedybusiness.org</a> email: <a href="mailto:info@seedybusiness.org">info@seedybusiness.org</a></p>
42	<p><b>Music on a dementia ward</b></p> <p>Rhythmix forms partnerships with organisations to help vulnerable and excluded people to make music, helping them to express themselves, gain confidence and make positive changes in their lives. This particular project will see Rhythmix form a new partnership with BSUH Emerald ward (Dementia) as part of their Music in Healthcare programme, Wishing Well. For the next 20 weeks, two musicians in healthcare will be visiting Emerald Ward, bringing live interactive music making right to patients' bedsides to improve wellbeing and reduce the negative impact of hospitalisation for people with dementia. The musicians will use acoustic instruments, voices, and ipads and a range of reminiscence repertoire and creative improvisation to interact with patients or to surround them in soothing familiar sounds that bring the outside world into the hospital. Rhythmix will encourage families/ carers to also participate and will be working with a team of Occupational</p>

	<p>Therapists to evaluate the work.</p> <p><a href="http://www.wishingwellmusic.org.uk">www.wishingwellmusic.org.uk</a></p>
43	<p><b>Narrative workshops at a GP surgery</b></p> <p>The workshops are designed to help staff and patients deal with significant life events using reflective writing, guided conversation, group discussions, reading and autobiographical exercises. These techniques have been proven to have similar effects to meditation in helping to focus the mind, calm emotions and release tensions. Eighteen workshops will run for up to 12 people.</p> <p><a href="http://www.wellbeing-centre.org">www.wellbeing-centre.org</a></p>
44	<p><b>Resilience courses at the Recovery College</b></p> <p>Two resilience courses within the Recovery College (hosted by Southdown Housing) for people with mental health issues: one for older adults, one for younger people aged 26 - 35. The courses will build on the themes of the Five Ways and will include opportunities to put resilient habits into practice. People who use our services have expressed a wish for a course on happiness and resilience, including healthy relationships. In September 2015, a showcase event will offer taster sessions and publicise the outcomes of the courses.</p> <p><a href="http://www.southdownhousing.org/mental-health-recovery/brighton-hove-recovery-college">www.southdownhousing.org/mental-health-recovery/brighton-hove-recovery-college</a></p>
45	<p><b>Refugee radio</b></p> <p>Arts therapy for adult refugees, asylum seekers and vulnerable migrants, especially those with mental health issues such as depression and PTSD. Participants will be trained in drama, improvisation, stand-up comedy and poetry. Live events for the community will be broadcast on radio and online. Additional support will be provided in developing CVs and job applications.</p> <p><a href="http://www.refugeeradio.org.uk">www.refugeeradio.org.uk</a></p>
46	<p><b>Samba for mothers</b></p> <p>Beleza Brighton will hold Samba dance classes for 20 mothers with young children, who may be experiencing stress or isolation. Both taster sessions and a series of workshops in preparation for a group samba performance will be offered.</p> <p><a href="http://www.facebook.com/belezabrighton">www.facebook.com/belezabrighton</a></p>
47	<p><b>Social singing for over 60s</b></p> <p>Share the joy and happiness that can be found through music at a new weekly 'social singing' group. Adults aged 60 and over are invited to drop in to sessions that run every Tuesday morning (during term-time) from 10am - 12 noon. Adults from across the city are welcome, but the group was initially created for local people from the Hollingbury, Coldean and Patcham areas, who may feel isolated. The group can accommodate up to 30 people per week.</p>

	email: <a href="mailto:BHMA@brighton-hove.gov.uk">BHMA@brighton-hove.gov.uk</a> <a href="http://www.bhma.org.uk">www.bhma.org.uk</a>
48	<p><b>St Patrick's Hostel</b></p> <p>Activities for residents at the hostel will include a communal meeting space for films, cooking and activities such as basketball, pool, table tennis, complementary therapies; a resource centre with computers, tv and resources related to housing, job seeking; a cycling club - funding for bikes and equipment; the bikes could also be used for transport to make family visits, travel to interviews.</p> <p><a href="http://www.homelessuk.org/details.asp?id=HO1007233">www.homelessuk.org/details.asp?id=HO1007233</a></p>
49	<p><b>Story mentors for children</b></p> <p>Little Green Pig will recruit, train and DBS check volunteer story mentors, who will provide vital support and mentoring to children in writing workshops both in and outside school. The impact of volunteering on story mentors' mental health will be tracked. A range of volunteers will be recruited including those from under-represented groups. Creative writing workshops will also be held for volunteers, exploring mental health and how creativity can positively impact happiness and wellbeing. For more information, email: <a href="mailto:info@littlegreenpig.org.uk">info@littlegreenpig.org.uk</a></p> <p><a href="http://www.littlegreenpig.org.uk">www.littlegreenpig.org.uk</a></p>
50	<p><b>Sussex Beacon – mindfulness for staff</b></p> <p>Two mindfulness courses will be offered to 20 health professionals working across the HIV network in Brighton &amp; Hove. A wellbeing champion will be appointed within the Sussex Beacon to organise wellbeing events for 50 Sussex Beacon staff and 100 volunteers. <a href="http://www.sussexbeacon.org.uk">www.sussexbeacon.org.uk</a></p>
51	<p><b>Tai Chi Qigong at First Base</b></p> <p>Brighton Natural Health Centre will lead 46 free, specialised weekly drop-in classes of Tai Chi Qigong at Brighton Housing Trust First Base, for around 100 homeless and insecurely housed people. The First Base team will support the participants and make links with wider services that they offer. This collaborative project will enable a marginalised group to engage with a challenging and enjoyable activity that improves wellbeing in a range of ways.</p> <p><a href="http://www.bnhc.co.uk/outreach">www.bnhc.co.uk/outreach</a> email: <a href="mailto:dgodshaw@bnhc.co.uk">dgodshaw@bnhc.co.uk</a></p>
52	<p><b>The Magic Garden</b></p> <p>Community allotment for families with disabled children: sessions will be held for parent carers while the children are at school, facilitated by garden leader. A wheelchair accessible pathway will be installed as well as a boundary fence around the plot - essential for child safety. A sensory garden will also be developed. 40 families will benefit: participation will help to alleviate stress and isolation, and fruit and vegetables will be provided for the families.</p>

	<a href="http://www.amazebrighton.org.uk/amaze_news/magic-garden-families-disabled-children-takes-first-steps">www.amazebrighton.org.uk/amaze_news/magic-garden-families-disabled-children-takes-first-steps</a>
53	<p><b>Touched Theatre</b></p> <p>Weekly art workshops for 11-17 year olds who are experiencing mental health problems, exploring the theme 'A Place of Safety'. Participants will create an art installation which will then be made available for the public as part of B.Fest. The installation will include sound players, art in boxes, videos and sculpture and will resemble a teenager's bedroom.</p> <p><a href="http://www.touchedtheatre.co.uk/wordpress">www.touchedtheatre.co.uk/wordpress</a></p>
54	<p><b>Unemployed families project</b></p> <p>Brighton Unemployed Centre Families Project will be providing a programme of immediate support for people in crisis due to multiple disadvantage, including debt, poverty, poor mental and/or physical health, homelessness. A family support worker will offer free hot vegan lunch; time with a welfare advice worker and temporary housing worker; referral to other agencies for ongoing support. Volunteers, speaking a wide range of languages, will support the worker. The service will run five days a week for 50 weeks.</p> <p><a href="http://www.bucfp.org">www.bucfp.org</a> email: <a href="mailto:info@bucfp.org">info@bucfp.org</a></p>
55	<p><b>University of Brighton</b></p> <p>A student wall will be created by the University of Brighton Student Union, to gather evidence on mental wellbeing and mental health. Trained student staff will be used, and students will be signposted to further help with mental wellbeing issues. Liberation groups (disabled, LGBTQ+, BME, women, carers) will be promoted and supported.</p> <p><a href="http://www.brightonsu.com">www.brightonsu.com</a></p>
56	<p><b>Urban art</b></p> <p>Grassroots Suicide Prevention will be supporting the creation of urban art such as graffiti and electric light boxes by people with lived experience of mental health issues and members of the local community. The art will be used to promote the suicide prevention app 'Stay Alive'. A short film will be produced that captures the creation of the artworks. This will be used to raise awareness of suicide prevention.</p> <p><a href="http://www.prevent-suicide.org.uk">www.prevent-suicide.org.uk</a></p>
57	<p><b>Varndean School – alternative curriculum</b></p> <p>A range of activities will be provided for vulnerable young people at school, including group and one to one work. These activities will include kick-boxing at SAMA Karate, angling through the Angling4life programme and other outdoor adventure activities, including forest school activities. These will help young people manage their confidence and frustrations through activities that develop an emotional connection with the environment.</p> <p><a href="http://www.varndean.co.uk">www.varndean.co.uk</a></p>

58	<p><b>Varndean School – outdoor classroom</b></p> <p>Pupils will work with volunteers from Age UK, a number of church groups and other organisations representing older people, to establish the garden and learn about food production. In return the pupils will educate the volunteers about social networking, Skype, Facebook and other digital media, to enable them to keep in better touch with family and friends. The project will be fully designed by both the school participants and the volunteers.</p> <p><a href="http://www.varndean.co.uk">www.varndean.co.uk</a></p>
59	<p><b>Women’s arts programme</b></p> <p>Brighton Women's Centre supports women with vulnerabilities to overcome social isolation, improve their mental health and emotional resilience, develop safe and trusting relationships, and build compassion and self-confidence. This project will introduce a programme of arts-based empowering activities including sound therapy, dance movement psychotherapy and interactive forum theatre workshops for up to 50 women.</p> <p><a href="http://www.womenscentre.org.uk">www.womenscentre.org.uk</a></p>
60	<p><b>YMCA Downslink Group allotment in Portslade</b></p> <p>YMCA Downslink houses 90 homeless 16-25 year olds across the Brighton &amp; Hove area, supporting them to move on positively with skills to live independent lives. Over the last year they have developed an allotment space in Portslade and wish to replicate this across their supported housing projects by enabling 55 young people to renovate the gardens into beautiful and positive spaces including mini allotments. The aim is also to have `food champions` with peer-to-peer support in gardening and cooking. This will develop skills and increase self-esteem in disengaged young people.</p> <p><a href="http://www.ymcadlg.org/">http://www.ymcadlg.org/</a></p>
61	<p><b>YMCA Downslink Group - mindfulness sessions for staff</b></p> <p>Initial lunchtime taster sessions, followed by weekly drop-in lunchtime sessions, will be offered to staff twice a week. The sessions will be led by a staff member, trained as a mindfulness practitioner. The course will link to introduction of a Trauma Informed approach to young clients, as both approaches look at interaction between mind and body, and encourage reflection, awareness and choice.</p> <p><a href="http://www.ymcadlg.org">www.ymcadlg.org</a></p>

